

NAVAL BASE CORONADO



SAF-T-LINES



SEPTEMBER 2005



Labor Day weekend is traditionally the end of the summer season and our staff at Naval Base Coronado Safety Office urges our sailors, marines, civilian employees and their families taking advantage of one last weekend of summer fun to have a **safe and enjoyable** weekend.

Following are some safety tips related to this end-of-summer holiday:

If spending this weekend in **water-based activities**, remember basic water safety rules. Never swim alone. Always wear a life jacket or personal floatation device when in any watercraft – check to make sure that the device is U. S. Coast Guard approved. Alcohol and water activities don't mix. Closely supervise all children when they are engaged in activities in or near the water; know how to help that child in the event there is an emergency.

Going **hiking, biking or camping** this weekend? Remember to use sun block if you will be outdoors. If riding your bicycle on a roadway with other vehicle traffic, use caution, and follow the rules of the road. Always wear an approved bicycle helmet when riding a bicycle; motorcycle and ATV riders should always wear approved helmets as well. If you are camping, please remember that the fire danger is very high this year – if you are in the area that allows campfires, never leave your fires unattended, and make sure that it is out completely before leaving your campsite. Follow all posted regulations for the area in which you are camping.

Taking a **road trip and staying at a hotel** this weekend? Make sure that there is a fully stocked first aid kit in your vehicle before you depart, and know how to use the contents. Check your vehicle for safety, and include checks of tire pressure and brake systems. Plan your route ahead of time. Always wear seatbelts and ensure that children are securely fastened into child restraint seats or seatbelts. **Alcohol and driving do not mix.**

When you arrived at your destination, check to make sure that your hotel room has a working smoke detector, and that fire exit and stairway information is posted somewhere in your room. Take a few moments to look for and locate the fire exits that are closest to your room; ensure that all members of your family or group know them as well. In the event of fire, follow the safety and evacuation directions provided by the hotel.

Labor Day Traffic Safety

Labor Day is fast approaching and drivers will be taking to the nation's roadways in record numbers this year. But this is not the usual drive safely article you see every year, one filled with statistics of how many millions of drivers will drive billions of miles over this holiday weekend.

*Instead this article focuses on you. When you are on the road, what is the one and only thing you can control? **You.***

Why is it that when we drive we tend to blame everything on someone else? Why do we say things like "Look at that guy? What a jerk! Why does he drive like an idiot? Why doesn't everyone else drive like me? Why is there so much traffic? Why are all these cars in my way blocking me from getting where I want to go?

The only thing you control is your own actions. You make the decisions where to go, when to go, how fast or slow and whether to break the rules or obey the rules.

When you drive, you are making the choices that affect your safety, your family's safety and the safety of drivers around you. Your actions affect the "driving community," the drivers sharing the road with you.

If you make the choice this holiday weekend to drive long distances in very short time frames, be aware of the choices you make and how they can be "life" decisions.

Are you planning on driving more than 1,000 miles in just three days? Do you think you can drive through the night to return from leave and get back to duty on time? What type of risk assessment are you making regarding your driving? Use the tools that can make the difference between positive risk and negative risk taking.

Do you realize that the highest risk behavior you take is driving your car? The leading cause of death to age 34 is auto fatalities. Not combat. Not other types of accidents. Not disease. Auto fatalities are the highest risk to human life, with 42,000 lives claimed each year.

One last thought from driving over the Labor Day weekend. Think back to year 2001. We enjoyed a weekend that did not include many thoughts of terrorism, but within a week we were all affected by the events of September 11 in a way we will never forget.

Our nation is now stronger and ready for all the challenges that terrorism presents. Our nation is very proud of all the firefighters, law enforcement officers, and military personnel who serve their country and saved countless lives. And when it comes to driving this weekend, remember that our nation looks to you to set an example of leadership, discipline, training and standards at all times, on or off-duty.

*Save lives and be a part of the driving community this Labor Day and always. It is up to you to set the example for others to follow. **Drive safely and have a great Labor Day.***

ALL-TERRAIN VEHICLES (ATV)

The term "all-terrain vehicle" means that it has expanded capabilities. It will run up and down hills on dirt and in sand, for example, in a way that your Volvo station wagon wouldn't dream of. But Naval Safety Center keeps getting evidence that ATV operators sometimes forget that "expanded" doesn't mean "unlimited." when the definition of terrain includes their very own tibia or fibula, then they think, first, "Ow!" and, second, "Uhh, I guess you can tip these things over."

ATVs are motorized vehicles with large, low-pressure tires. They are usually designed to carry one rider on an uneven surface and are generally used for recreation and farm, ranch and industrial work. Adult-sized ATVs have engines larger than 90cc. The average adult-sized ATV has an engine between 229cc and 649cc. These vehicles weigh between 400 and 600 pounds and can travel at speeds well above 70 miles per hour. Youth-sized ATVs come in various designs. Manufacturer's guidelines suggest that children under age 16 should operate ATVs with engines smaller than 90cc and children ages 6 to 12 should operate ATVs with engines between 70cc and 90cc.



Make sure your ATV operates quietly because they are built to do so while being able to deliver optimum performance, smooth engine torque and spark suppression. Loud ATVs disturbs wildlife, and annoys property owners and other recreation users. Noise also contributes to fatigue so you can ride farther and more comfortably with reduced noise.

Obey trail markers and closure signs. Areas are off limits to ATVs for a reason: the existence of fire hazards or hazards to refuge wildlife or plants, and they might be additional safety hazards for ATV riders. Even though a reason might not be readily apparent, if posted signs tell you to keep out, do so.

WHEN AND WHERE ATV-RELATED INJURIES OCCUR

- Non-fatal ATV-related injuries commonly include fractured bones and head and facial injuries.
- ATV-related injuries commonly occur due to rollovers, collisions with stationary objects and falling off the vehicle.
- The majority of ATV-related fatalities result from injuries to the head and neck.

ATV-RELATED PREVENTION EFFECTIVENESS:

- Wearing a helmet while operating an ATV reduces the risk of fatal head injury by 42 percent and the risk of non-fatal head injury by 64 percent. However, helmets cannot protect from other common causes of ATV-related injuries such as spinal cord, thoracic and abdominal injuries and asphyxiation.

PREVENTION TIPS:

- Children under 6 should never ride ATVs.
- No child under 16 should operate an adult-sized all-terrain vehicle under any circumstances. If a child operates a youth-sized ATV, it should be according to the manufacturer's instructions on a machine that is an appropriate size for child.
- To ensure safe operation, adults should supervise all children operating ATVs.
- Parents should consider a child's physical, mental and emotional maturity when deciding if the child is ready to operate a youth-sized ATV.
- Children should never operate ATVs on public roads or paved surfaces. ATVs should be operated only on designated trails.
- All youth-sized ATVs should employ throttle limiters and be equipped with identification flags.
- Personal protective equipment for ATV operators should include U. S. Department of Transportation-approved helmet with face protection, goggles (if the helmet does not have face protection), a long-sleeved shirt or long pants, non-skid boots and gloves.
- Never carry passenger on ATVs.
- Children and their parent or guardian should enroll in and successfully complete an approved ATV safety course.

NAVOSH TRAINING

CPR CERTIFICATION CLASS

Date: 7 September, 5 October, and 15 November 2005
Where: Bldg 678, Classroom 222
Time: 0800 – 1200

Please call Mr. Tom Hirzel at (619) 767-7546 or “E” mail Thomas.hirzel@navy.mil for questions regarding the course. To reserve a seat, fax quota request at 545-1053.

RESPIRATOR TRAINING CLASS

Date: 8 September, 6 October, 16 November 2005
Where: Bldg. 678, Classroom 222
Time: Respiratory Program Assistant - 0800-1200
 Respiratory Protection program (Users) - 1300-1430

Please call Mr. Tom Hirzel at (619) 767-7546 or “E” mail Thomas.hirzel@navy.mil for questions regarding the course. To reserve a seat, fax quota request at 545-1053.

NAVOSH INSPECTION (ANNUAL) SCHEDULE

COMMAND

DATE

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| NAVPACMETOFAC | 06 SEP |
| NAVAL COASTAL WARFARE GROUP ONE (NCWG-1) | 15 SEP |
| DEFENSE ENTERPRISE COMPUTER CENTER | 22 SEP |
| FASOTRAGRUPAC | 26 SEP |
| AMPHIBIOUS CONSTRUCTION BATTALLION ONE (ACB-1) | 05 OCT |
| NAVAL UNDERSEA WARFARE CENTER (NUWC) | 12 OCT |
| NAVAL BEACH GROUP ONE (NBG-1) | 17 OCT |
| AIMD | 18 OCT |
| CNAP | 31 OCT |

FOR ASSISTANCE, COMMENTS OR QUESTIONS PLEASE FEEL FREE TO
 CONTACT OUR SAFETY OFFICE LOCATED AT BLDG 678 RM 227

ROBERT L. CHATMAN - SAFETY MANAGER – 545-1049

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|-----------------------|----------|-----------------|----------|
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The Navy Occupational Safety and Health Department of Naval Base Coronado publish **SAF-T-LINES**. It is an unofficial publication for dissemination of safety information. The intended purpose is to raise the awareness of safety by keeping NBC personnel knowledgeable about safety and health topics.